



IRONTON CITY SCHOOLS

LUNCH 9-12

(MENU SUBJECT TO CHANGE)



JANUARY 2019

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
NO FRIED FOODS BREAD PRODUCTS WW/WG FAT FREE MILK 1% MILK	1 NO SCHOOL	2 NO SCHOOL	3 CHICKEN STRIPS AU GRATIN POTATOES CHEESE STICK FRUIT MILK	4 PIZZA BUTTERED CORN FRENCH FRIES FRUIT MILK
7 CHICKEN SANDWICH CARROTS SPINACH SALAD FRUIT MILK	8 TACO/LETTUCE/CHEESE CORN REFRIED BEANS FRUIT MILK	9 MEATLOAF MASHED POTATOES/GRAVY GREEN BEANS FRUIT BREAD MILK	10 MAC & CHEESE PEAS LETTUCE SALAD FRUIT MILK	11 HAMBURGER FRENCH FRIES CALIFORNIA BLEND FRUIT MILK
14 CHICKEN FAJITA/LETTUCE/ CHEESE MEXICAN RICE REFRIED BEANS FRUIT MILK	15 CHILLI/CRACKERS P,B, SANDWICH FRITOS TRIANGLE PATTY FRUIT MILK	16 CHICKEN NUGGETS MASHED POTATOES/GRAVY BROCCOLI FRUIT BREAD MILK	17 BURRITO/CHEESE CORN CHIPS/SALSA FRUIT MILK	18 ROUND PIZZA LETTUCE SALAD MIXED VEGETABLES FRUIT MILK
21 NO SCHOOL	22 HOT DOG/SAUCE FRENCH FRIES CARROTS FRUIT MILK	23 SALISBURY STEAK MASHED POTATOES/GRAVY GREEN BEANS FRUIT MILK	24 CHICKEN WRAP/LETTUCE/ CHEESE POTATO SOUP BROCCOLI FRUIT MILK	25 HAMBURGER LETTUCE SALAD CORN FRUIT MILK
28 FISH SANDWICH COLE SLAW FRENCH FRIES FRUIT MILK	29 BEEFY NACHO'S REFRIED BEANS MEXICAN RICE FRUIT MILK	30 CHICKEN CASSEROLE MASHED POTATOES/GRAVY GREEN BEANS FRUIT BREAD MILK	31 CHICKEN SANDWICH SPINACH SALAD CARROTS FRUIT MILK	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER